



Peppery Pasta Carbonara with Poached Egg

READY IN



30 min.

SERVINGS



1

CALORIES



877 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices bacon cut into 1-inch pieces
- ☐ 1 large eggs
- ☐ 0.3 cup parmesan grated for serving
- ☐ 0.3 pound pasta like spaghetti
- ☐ 1 tablespoons tarragon chopped
- ☐ 0.5 tablespoon butter unsalted

Equipment

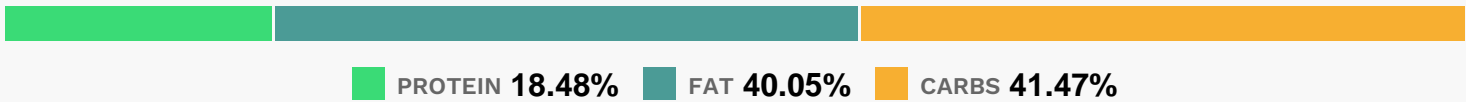
- ☐ bowl

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ slotted spoon
- ☐ tongs

Directions

- ☐ Cook bacon in a 10-inch nonstick skillet over medium heat until crisp.
- ☐ Transfer bacon with a slotted spoon to paper towels to drain.
- ☐ Meanwhile, cook spaghetti in a 4-quart saucepan of salted boiling water until al dente. Reserve 1/3 cup cooking water, then transfer spaghetti with tongs to a small bowl, shaking off excess water, and keep pan of water simmering.
- ☐ Pour off all but 2 teaspoons bacon fat from skillet, then whisk butter into fat in skillet over medium heat.
- ☐ Add spaghetti, reserved cooking water, cheese, and a rounded 1/4 teaspoon pepper and cook, stirring, until sauce is thickened and almost completely absorbed, 2 to 3 minutes.
- ☐ Add bacon and 1 tablespoon tarragon and toss. Season with salt and pepper.
- ☐ Break egg into a cup and gently slide into water. Poach at a bare simmer to desired doneness (we prefer a firm white with a runny yolk, 2 to 3 minutes).
- ☐ Serve pasta topped with egg (transfer using a slotted spoon).
- ☐ Sprinkle with remaining tarragon if desired.

Nutrition Facts



Properties

Glycemic Index:139, Glycemic Load:36.43, Inflammation Score:-7, Nutrition Score:27.423478157624%

Nutrients (% of daily need)

Calories: 877.19kcal (43.86%), Fat: 38.73g (59.58%), Saturated Fat: 16.93g (105.79%), Carbohydrates: 90.19g (30.06%), Net Carbohydrates: 86.04g (31.29%), Sugar: 3.48g (3.87%), Cholesterol: 252.76mg (84.25%), Sodium: 908.19mg (39.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.21g (80.42%), Selenium: 103.74µg (148.2%), Manganese: 1.62mg (81.17%), Phosphorus: 631.61mg (63.16%), Calcium: 530.09mg (53.01%), Vitamin B2: 0.54mg (31.7%), Iron: 5.07mg (28.14%), Vitamin B6: 0.56mg (28.12%), Magnesium: 110.48mg (27.62%), Zinc: 3.96mg (26.39%), Vitamin B3: 4.45mg (22.27%), Copper: 0.44mg (22.07%), Vitamin A: 1015.54IU (20.31%), Potassium: 652.74mg (18.65%), Vitamin B1: 0.27mg (18.29%), Vitamin B12: 1.08µg (17.95%), Fiber: 4.15g (16.59%), Vitamin B5: 1.66mg (16.58%), Folate: 65.64µg (16.41%), Vitamin D: 1.45µg (9.65%), Vitamin E: 1.07mg (7.16%), Vitamin C: 3.5mg (4.24%), Vitamin K: 1.32µg (1.26%)